## **CLAIMS**

What is claimed is:

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- 1. An ovenware item comprising a thermoplastic polymer composition, wherein said thermoplastic polymer composition has a through plane thermal conductivity of 1.0 watt/m oK or more.
- 2. The ovenware item as recited in claim 1 wherein said thermal conductivity is about 2 watt/m.ºK or more.
- 3. The ovenware item as recited in claim 1 wherein a thermoplastic in said thermoplastic polymer composition has one or both of a melting point and glass transition temperature of about 250°C or more.
- 4. The ovenware item as recited in claim 3 wherein said thermoplastic is a liquid crystalline polymer.
- 5. The ovenware item as recited in claim 1 wherein said thermoplastic polymer composition comprises a filler having a thermal conductivity of about 50 watt/m.oK or more.
- 6. The ovenware item as recited in claim 4 wherein said thermoplastic polymer composition comprises a filler having a thermal conductivity of about 50 watt/m.ºK or more.
- 7. The ovenware item as recited in claim 5 wherein said filler comprises graphite.
- 8. The ovenware item as recited in claim 6 wherein said filler comprises graphite.
- 9. The ovenware item as recited in claim 2 wherein a thermoplastic in said thermoplastic polymer composition is a liquid crystalline polymer having one or both of a melting point and glass transition temperature of about 250°C or more, and said thermoplastic composition also comprises a filler having a thermal conductivity of about 50 watt/m°K or more.
- 10. The ovenware item as recited in claim 9 wherein said filler comprises graphite.
- 11. The ovenware item as recited in claim 1 wherein said thermoplastic polymer composition comprises
  - 12. A process for cooking food, wherein a container which holds or supports the food while cooking comprises a thermoplastic polymer composition, wherein said

thermoplastic polymer composition has a through plane thermal conductivity of 1.0 watt/m oK or more.

13. The process as recited in claim 12 wherein said thermal conductivity is about 2 watt/m.ºK or more.

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- 14. The process as recited in claim 12 wherein a thermoplastic in said thermoplastic polymer composition has one or both of a melting point and glass transition temperature of about 250°C or more.
- 15. The process as recited in claim 14 wherein said thermoplastic is a liquid crystalline polymer.
- 16. The process as recited in claim 12 wherein said thermoplastic polymer composition comprises a filler having a thermal conductivity of about 50 watt/m oK or more.
- 17. The process as recited in claim 15 wherein said thermoplastic polymer composition comprises a filler having a thermal conductivity of about 50 watt/m oK or more.
  - 18. The process as recited in claim 16 wherein said filler comprises graphite.
  - 19. The process as recited in claim 17 wherein said filler comprises graphite.
- 20. The process as recited in claim 14 wherein a thermoplastic in said thermoplastic polymer composition is a liquid crystalline polymer having one or both of a melting point and glass transition temperature of about 250°C or more, and said thermoplastic composition also comprises a filler having a thermal conductivity of about 50 watt/m oK or more.
  - 21. The process as recited in claim 20 wherein said filler comprises graphite.
- 22. The process as recited in claim 12 wherein said thermoplastic polymer composition comprises